



Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



APRIL

FREE

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Volume 34
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Check out our NEW and improved website
www.cityofboston.gov/elderly

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Bostonseniority@cityofboston.gov

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Commission on Affairs of the Elderly.***

Boston Seniority

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Mayor's Spotlight



Mayor Menino Releases First One-Year Anniversary Report on ARRA Funding in Boston

On February 17th, on the one-year anniversary of the American Recovery and Reinvestment Act (ARRA), Mayor Thomas M. Menino was joined by cabinet members and local residents to release a one-year report highlighting the use of ARRA funding in Boston. With \$309 million for current and future projects in Boston, the city will generate nearly \$460 million to the regional economy, creating over the next four years 1,200 full-time equivalent jobs and more than 1,500 additional “spinoff” jobs.

With local residents directly impacted by ARRA funding standing by his side – an entrepreneur who started a small niche business, a young teacher and police officer whose jobs were saved and construction workers renovating public housing complexes throughout the city – Mayor Menino provided the highlights of Recovery Act dollars at work in Boston:

- \$10 million for the ongoing \$31 million renovation of the Washington Beech housing complex in Roslindale, providing 109 full time equivalent jobs;
- \$1.86 million for the job training of 234 out-of-work adults in the computerized office support, health care services and commercial driving;
- \$1.075 million to stabilize more than 20 small businesses through capital improvements and short term rental assistance;

- \$32.25 million for Boston Public Schools programming, providing 215 total full time jobs, including \$15.6 million to save the jobs of 180 teachers, \$5.5 million for improved and expanded literacy instruction, \$4.2 million for programming to close access gaps for English Language Learners (ELL) featuring 15 English as a Second Language (ESL) instructors, \$1 million for assistive technology equipment and software for students with autism;
- \$11.8 million for the retention of 50 police officers over four years and \$1.29 million for 9 crime analysts in the Boston Regional Intelligence Center - Boston's crime rate is the lowest it has been in 40 years;
- \$2.54 million for 880 youth summer jobs last summer, 70 older youth transitional jobs and 350 youth summer jobs for this summer.

“With this funding Boston has continued to move forward despite a very tough economic climate,” said Mayor Menino. “We have kept police officers on the streets and reduced violent crime by nearly 40 percent. We have kept teachers in the classroom and expanded ELL, literacy and autism programming. We have placed Boston youth in critical summer jobs, keeping them off the streets and out of trouble. This is what we have done but this is only the beginning – there is so much more that we must do.”

See page 7 for information on how ARRA affected Boston Seniors.



RSVP Boston

Volunteer Opportunities

The Boston RSVP Program always has an entire array of volunteer opportunities to choose from. Please call us today and we will send you a program packet full of information on the RSVP Program, a volunteer opportunities booklet and directions on how to sign up for the program. Take the time, make the call, help out in your community.

For more information on the RSVP Program or to sign up, please call Kelley Wedge, RSVP Program Director at 617-635-1794.

Boston Chinatown Neighborhood Center

Be a volunteer tutor. Teach English in Chinatown. Tutor Chinese immigrants English through friendship and cultural exchange. No experience needed! We provide training.

Contact: Anna Fan, Tutor Coordinator, 617.635.5129 x1030 or volunteercoordinator@bcnc.net

Charlestown Golden Age

Volunteers needed to help with the nutrition program and bingo. They have lunch and bingo on Tuesday, Wednesday, and Friday. The volunteer hours are 10:00 am – 2:00 pm.

Contact: Beverly Gibbons at 617-635-5175 or Beverly.Gibbons@cityofboston.gov

Citizen Schools

Volunteers needed to provide one-on-one and small group homework tutoring for all subjects to 6th and 7th graders enrolled at Boston Public Middle Schools. Requirements: 1-2 times per week. We are seeking volunteers between the hours of 2:00 pm to 3:00 pm, Mondays, Tuesdays, Wednesdays or Thursdays. Where: Volunteer tutors can choose their campus! Our campuses are located at Middle Schools in the following

neighborhoods: Brighton, Charlestown, Dorchester, East Boston, Hyde Park, Roslindale and South Boston.

Contact: Ryan, 617-695-2300 x 161. To learn more visit www.Citizenschools.org

Deutsches Altenheim (German Center)

Seeking volunteers to enhance its resident programs. Volunteers are needed for: resident transport, happy hour bartenders, new resident greeters and group leaders. If you have a talent or skill that you'd like to share or just want to enhance the quality of life for seniors.

Free on-site parking is available and we are accessible by public transportation.

Contact: Carol Kelly, Director of Resident Life, 617-325-1230 ext 214 or ckelly@germancentre.org.

Match-Up Interfaith

MATCH-UP serves older adults and adults with disabilities in Boston. We recruit and train volunteers in five different programs, all of which are great opportunities for retirees. Whether or not there is a minimum number of hours depends on the program. We offer one-time opportunities, ongoing flexible opportunities, and ongoing opportunities with a minimum commitment of 1-2 hours a week. All volunteers must fill out an application, available at: http://www.matchelder.org/support/volunteer_app.php. Then, volunteers come into the office for orientation and training.

MATCH-UP's Programs are: Friendly Visiting, Strong for Life, PetPals, Medical Escorts, and Short-term Assistance.

Contact: Medical Escort Coordinator/Short-Term Assistance Coordinator Jacqueline Gallagher: jgallagher@matchelder.org 617-482-1510 x 26

Home Oxygen Fire Safety

Do you use home oxygen or know someone who does? Do you know that using home oxygen increases the risk of fire and burns ... and smokers put themselves (and others) at great risk? Clothing, bedding, furniture and even hair absorb oxygen and can catch fire readily.

Home oxygen users should keep at least ten feet from any flame -- think matches or candles -- or heat sources such as electric razors, gas stoves, heaters or hair dryers. Petroleum based lip balms or lotions also can ignite.

For more information please call the Department of Fire Services at (978) 567-3380, or download the “Breathe Easy -- Using Home Oxygen Safely” pamphlet from www.mass.gov/dfs. Click on **Fire Safety Topics** and then **Home Oxygen Safety**.

Quitting smoking is the best thing for your own health and safety and those around you. Ask your doctor for help. And thank you for helping everyone to breathe easier.

Tidbits

Good friends may promote better health and longer life

A recent 10-year study of 1477 Australians aged 70 or older found that maintaining a large network of good friends was more conducive to longevity than even children or other family members. And a more recent Harvard study suggests that strong social bonds can help prevent memory loss, heart attacks, and fatal coronary heart disease.

(Source: New York Times, April 20, 2009)

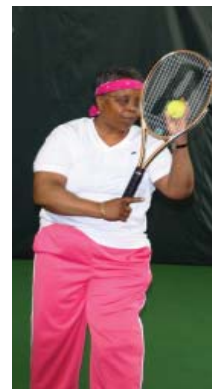
Weight gain increases risk of heart failure; staying lean protects the heart

Being even slightly overweight can significantly increase the risk of heart failure. A 20-year analysis from the Physicians Health Study, published in the January 2009 issue of Circulation, indicates that for every one-point increase in body-mass index (BMI), an individual's risk of developing new heart failure rises by approximately 11%; the study suggests that a BMI of less than 25 may be optimal to prevent heart failure.

(Source: Mt Sinai's Focus on Healthy Aging, March 09)

The City of Boston's
Elderly Commission

2010 Greater Boston Senior Games



Golf: Wednesday, May 12, 7:00 a.m. at Wm. Devine Golf Course, Dorchester. Fee \$40.00, includes Green & Cart Fees. Foursomes should request Foursome Golf Registration Form.

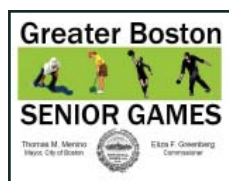
Bocce: Thursday, May 13, 9:00 a.m. at Langone Park, North End. Teams should request Bocce Team Registration Form - Free.

Billiards & Bowling: Friday, May 14, at Boston Bowl, Dorchester - Bowling (choice of two starting times: 8:00 a.m. or 10:30 a.m.) Fee - \$9.00; Billiards - 9:00 a.m. Fee - \$5.50.

Finalé @ University of Massachusetts: Saturday, May 15, 9:00 a.m. Basketball Free Throw, Horseshoes, Softball Throw, Swimming, Track Events and *Keep Moving Walk* (Free), Half Court Basketball (pre-established team sport) - \$20 (cash) fee per player - Special Half Court Basketball Team Registration Form Required.

Tennis: Saturday, May 22, 9:00 a.m. at Sportsmen's Tennis Club, 950 Blue Hill Avenue, Dorchester - \$20.00 Fee.

Eligibility:	Men & Women age 50 & over. Pre-registration deadline for all events is Friday, April 30, 2010
Awards:	Bronze, Silver and Gold Medals
Call:	Michael McColgan at 617-635-4168 for applications and information.
E-mail:	michael.mccolgan@cityofboston.gov



Thomas M. Menino, Mayor
City of Boston Commission on Affairs of the Elderly
Eliza F. Greenberg, Commissioner



One Year Anniversary for ARRA funds

February 17 was the one year anniversary of the passage of the American Recovery and Reinvestment Act (ARRA). For those of you who don't remember, ARRA is an economic stimulus package enacted by the 111th United States Congress in 2009. The Act of Congress is intended to provide a stimulus to the U.S. economy in the wake of the economic downturn. Many have been asking what happened with that anyway?

Well, the Department of Health and Human Services was awarded \$100 million in Recovery Act funding to provide nearly 14 million meals nationwide. The City of Boston through the Commission on Affairs of the Elderly was awarded \$347,210.58 to be spent on congregate nutrition services provided at senior centers and other community sites and for home delivered nutrition services delivered to frail elders at home. This amount was determined by a population-based formula.

The money was received in the Summer of 2009 and was used in the months of November, December and January. The funds were distributed to three nutritional programs that have contracts with the Commission on Affairs of the Elderly through Title III. Those programs are Kit Clark Senior Services, Ethos, and The Greater Boston Chinese Golden Age Center. Distribution to the nutrition programs was determined by the percent of Boston meals that they serve. To track the use of the funds it was required that the nutrition programs submit monthly reports to the Elderly Commission tracking the number of meals served or delivered.

Boston Fire Department
Elderly Fire Safety Program

FREE

Smoke Alarm and Carbon Monoxide
Detector available for owner occupied
units only. **Restrictions Apply**



For more information please call
Ernie Deeb at 617-635-2359.

Do you want to be on TV?

The ***DON'T RETIRE, INSPIRE*** show invites
you to share your life's story with us and
inspire others.

How have you changed the course of your life?

Survived in spite of yourself or your situation?

Come Share Your Story on TV...

If you are interested contact:

Tula Mahl at 617-635-1922 or email
tula.mahl@cityofboston.gov

Dorchester Early Stage Support Group

Have you or someone you love been diagnosed with early stage Alzheimer's Disease or mild cognitive impairment?

Are you feeling frightened, uncertain about what happens next? If you have these concerns, there is a lot you can do now that can help you continue to live a life that is fulfilling and meaningful. Learn about the disease. Become knowledgeable about the resources available for you and your loved ones and get connected to those you think will help you. You can start learning about resources on the Alzheimer's Association's website (www.alz.org) or at its 24-hour Helpline (1-800-272-3900). It is important to get involved in making plans for the future as early as possible.

Another vital step is to join a support group for people in early stage memory loss and their care partners. These specialized groups are set up so that two groups – one of people with the disease and one of the care partners - meet separately at the same time. The groups provide a safe, comfortable setting where you can:

- Meet other people who have the disease
- Learn tips and strategies to help you cope day to day
- Talk freely about your concerns with others who really understand
- Get reliable, up-to-date information about Alzheimer's Disease and related medical conditions

Kit Clark Senior Services, in partnership with the Alzheimer's Association, has a morning support group every other week at its 645 Washington Street, Codman Square, Dorchester facility. There are four group facilitators, professionals experienced in the field of Alzheimer's Disease. Two facilitators work with each group.

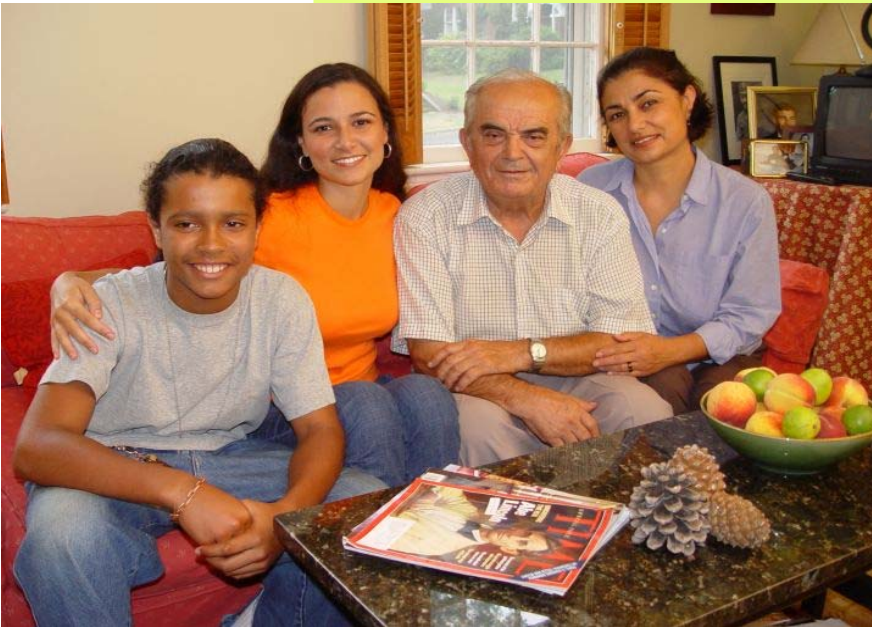
Don't feel you have to travel this road alone. If you have been told by your doctor that you have early stage Alzheimer's, mild cognitive impairment or another form of memory loss, or if someone close to you has, call Donna Allen, R.N., Kit Clark Senior Services memory loss specialist, at 617-474-1167 ext. 225. With Donna, you can figure out whether you would benefit from the group. The next step is simple – just go to a meeting. All information is kept confidential, and there is, of course, no cost. We truly look forward to welcoming you!



CÍRCULO DE CUIDADO:

Para familias latinas que cuidan a alguien con la enfermedad de Alzheimer

For Latino Families Caring for Someone with Alzheimer's Disease



Este es un proyecto de investigación dirigido por la Escuela de Trabajo Social de la Universidad de Boston y financiado por la Alzheimer's Association y la Fundación de Langeloth.

La participación es gratis. NO hay requisitos de seguro médico.

This is a research project conducted by Boston University School of Social Work and funded by the Alzheimer's Association and the Langeloth Foundation.

Participation is free. There are NO insurance requirements.

Para más información contacte a:

For more information contact:

**BOSTON
UNIVERSITY**

**Esther Hill, MSW
617.353.9124 - ehill@bu.edu.**

Este es un grupo 5 semanas, dirigido por una trabajadora social hispanohablante, para familias latinas buscando un lugar seguro para:

- **Aprender más sobre la enfermedad de Alzheimer**
- **Ganar habilidades para manejar mejor el cuidado de su ser querido**

This a 5-week group, led by a Spanish-speaking social worker, for Latino families looking for a warm place to:

- **Learn more about Alzheimer's disease**
- **Learn tools to better manage care for your loved one**

Arabia at the Museum of Science Omni Theatre



On Friday, February 12, 2010 the Museum of Science opened to the public *Arabia*, a kaleidoscope portrait of Arabia, its past, present and future. I was lucky enough to be invited to attend the film screening on Thursday, February, 11, 2010. It was an enchanting evening filled with delicious Arab food such as tabouli, a delicious meat and jasmine rice dish, and chickens skewers rubbed with Arabic spices. There was also a belly dancer to entertain and a young lady doing henna to any willing guest. The room was decorated with Arabic rugs and pillows for sitting low to the ground. As if this was not enough of a beautiful evening we were then invited to view the film.

The film was introduced by Hamzah Jamjoom, 24-year-old filmmaker and a central figure in the film. He is a very handsome and charming young man with the ability to translate his Arabic culture for the American audience in a beautiful and engaging way. Just listening to Hamzah speak about his country and his experience traveling around with the film crew was a learning experience. His speech made watching the film a personal experience for the whole audience.

The film was beautifully done. It discussed the past and how it affects the present and future of Arabia. I recommend going to experience this film. I learned a lot about Arabia and has peaked my interest in learning more about this mysterious and enchanting country.

Admission to the Mugar Omni Theater is \$9 for adults, \$8 for seniors (60+), and \$7 for children (3-11). For more information or to purchase tickets in advance, the public can call 617-723-2500, (TTY) 617-589-0417, or visit mos.org.



Save the Date!

SeniorPalooza

West Roxbury

May 2010

WHY SHOULD YOU PARTICIPATE IN SENIORPALOOZA?

- ⇒ Celebrate older residents of West Roxbury.
- ⇒ Get important information about elder care.
- ⇒ Meet your elderly neighbors and make new friends.

There will be 80 plus events during the month of May! Highlights:

Hollywood, Here I Come! Senior Prom Dance & Luncheon on May 27 (reservations required & will open on May 1st)

Lively Living Fair for Boomers and Beyond Seniors on May 22

Month-long Art Exhibit featuring Seniors at West Roxbury Library

Educational Seminars

Fitness Workshops and more.

SeniorPalooza WEST ROXBURY

presented by Ethos and AgeWell West Roxbury

During Older Americans Month in May 2010, Ethos, along with its AgeWell West Roxbury initiative, will host the sixth Annual SeniorPalooza in West Roxbury. Please join us for a month of fun events, educational seminars and special merchant discounts especially for seniors and their families. All events are open to the public and most are free!



For more info, please contact:

Linda Monteiro
(617) 522-6700

seniorpalooza@ethocare.org
www.ethocare.org
www.seniorpalooza.com



SeniorPalooza

connecting the community and seniors

DORIS JONES

*“Helping people is such a joy,
I love doing it.”*

Doris Jones was born and raised in Alexandria, Louisiana, and came to Boston in 1975. Doris first heard about the Senior Companion Program from a neighbor at Walgreen’s Pharmacy and has been a Senior Companion since 2005.

Doris began her volunteer work at Boston Senior Home Care (BSHC) which is a private, community based, non-profit corporation established in 1974 to provide care management services and programs to low-income elders and disabled individuals who wish to remain in their own homes and communities as safely and independently as possible. As a Senior Companion, Doris provides a variety of services to senior citizens in the neighborhoods of: Dorchester, East Boston, Hyde Park, Mattapan, and Roxbury. For some seniors, Doris provides companionship directly in their homes and makes the necessary referrals for any services that may be needed by local senior homecare agencies. For others, Doris serves as a companion/escort when they have a doctor’s appointment or simply wish to go shopping. Still, Doris has many clients whom she calls on nearly on a daily basis to check in on them or to remind them of their various appointments. For one physically challenged client, Doris provides monthly banking transactions.



Doris has an extensive background in human services and is a trained social worker, having received a B.A. degree in social work from Grambling State University and a masters in mental health and counseling from Cambridge College. Doris is being highlighted because of her warm personality and the compassion that she consistently shows towards her clients. As stated by one of her supervisors, “Doris’s kind, gentle and caring manner has brought hope and friendship to many people who have no one else in their life.”

The following is just one of Doris’s many experiences, in her own words, as a Senior Companion:

“A BLIND ENCOUNTER”

By: Doris Jones

Sometimes, we don’t realize the paths we and others tread may well be ours to navigate and to own one day. For quite a few years, four or five to be precise, I assisted a very humble and non-complaining blind lady to a beauty salon in the Boston area. This activity became one of her favorite activities for socialization as she felt included and

was able to envision the lives of others within the salon. These feelings, she was only too happy to share for many times laughter erupted as ladies shared their personal stories. Sometimes it would be some lady having a hidden secret of bought items from the husband and had forgotten herself where the items were hidden. Or, some mother who had totally camouflaged a vegetable dish so that the children didn't destroy the dinner hour completely with their dislike.

Although the salon was located within a two block radius, my client could not walk due to physical challenges. Therefore, a taxi was always called. I cannot account for the times that we received rude, uncooperative and belligerent drivers because the distance did not serve their purpose. Still, my client always gave the drivers a gratuity above and beyond what they deserved and excused their behavior. As for me,

I would say to the driver, "today is her day however, know that one day you may encounter your day." And so, the question I posed inwardly during those times became "who on that day was so blind that they could not see?" Perhaps the proverb, "do unto others as you would have them do unto you" was of little significance or just not understood. However, a real truth I believe is "we will reap what we sow, accordingly."



"People are so appreciative and so thankful when you help them. It's a good experience and a really good feeling." - Doris Jones

Doris Jones is just one of 47 Boston Senior Companion Volunteers who apply their wealth of skills, experience, respect and compassion to help enrich the lives of Boston's elderly.



Senior Companion Program

Become a Senior Companion and become a friend.

Senior Companions bring a *friendly face* into the homes of homebound elderly.

For more information on how you can *brighten a senior's day* call (617)635-3987.

HEALTHY

Melange of Roasted Baby Vegetables

Ingredients -

- 1 1/2 cups pearl onions
- 2 cups baby carrots, (1/4 inch of greens left on) or mini carrots
- 12 ounces baby turnips, peeled (1/4 inch of greens left on) and halved, if large, or regular turnips, peeled and cut into 1/2-inch wedges
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons pure maple syrup, divided
- 1/2 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 10 sprigs fresh thyme, or lemon thyme
- 2 teaspoons cider vinegar
- 2 tablespoons chopped fresh flat-leaf parsley, divided

Preparation -

Preheat oven to 450° F. Bring a medium saucepan of water to a boil. Add onions and boil for 1 minute. Drain and rinse under cold running water. Using a sharp paring knife, trim root ends and peel.

Combine the onions, carrots, turnips, oil, 1 teaspoon maple syrup, salt, pepper and thyme sprigs in a large bowl; toss to coat well. Spread the vegetable mixture in a single layer on a large baking sheet with sides. Roast, turning the vegetables twice, until tender and lightly browned in spots, about 30 minutes.

Transfer the vegetables to a large bowl; remove thyme stems. Drizzle with the remaining 1 teaspoon syrup, vinegar and 1 tablespoon parsley; toss to coat. Sprinkle with the remaining 1 tablespoon parsley and serve.

Serves 4 (3/4 cup)

RECIPES

Rice & Lentil Salad

Ingredients -

2 tablespoons extra-virgin olive oil
2 tablespoons sherry vinegar or red-wine vinegar
1 tablespoon finely chopped shallot
1 tablespoon Dijon mustard
1/2 teaspoon paprika, preferably smoked
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
2 cups cooked brown rice
1 15-ounce can lentils, rinsed, or 1 1/3 cups cooked lentils
1 carrot, diced
2 tablespoons chopped fresh parsley

Preparation -

Whisk oil, vinegar, shallot, mustard, paprika, salt and pepper in a large bowl. Add rice, lentils, carrot and parsley; stir to combine.

Serves 4 (1 cup)



Mayor Thomas M. Menino

FREE
Immigration Advice

April 7 & 21

Room 804 in Boston City Hall

12:00 PM - 2:00 PM

For more information, please contact the
Mayor's Office of New Bostonians

Boston City Hall Room 803

617-635-2980

Have fun while exercising your brain with Sudoku

Complete the grid so that each row, column and box end up with all of the numbers from 1 to 9.

3			8		7		9	
	1	7	2					
4		8			6			
7	4		5				1	2
	2		7	6	9		4	
8	3				1		5	6
			6			5		7
					2	8	3	
	7		9		5			1

Puzzle by websudoku.com

Staying Safe:

Going Online in Public Places

Public Internet access is a convenient and cost-effective way to go online and surf the net. Computers can be used at your local library or Internet café to access the Internet. Wireless Internet access is also becoming more common in places like coffee shops, airports and hotels. But before you sign on to the Internet in a public place, take care to remember these helpful tips:

Remember to use a password protected wireless connection. When in a public place, make sure that the wireless Internet is password protected – that the Internet requires you to input a password before being able to access it. If your Internet is not password protected, do not visit sites where you plan to engage in a financial transaction, such as online shopping. The password option provides a way for your information to remain safe and protected against those who may try to steal it.

If you must enter financial or other personal information online while using a public connection, make sure that you look for the “s” in the web address. This “s” will be located either before or after the “http” in the address and will ensure that you are entering information onto a secure page of the website.

Do not save your password on a public computer. Saving passwords in a public area can allow others to access your personal information after you are finished using the computer. In order to help ensure the safety of your passwords and personal information, never save passwords on a computer that is not your own. Most importantly, log off from both the website you were using and the computer after you are finished using it. Logging off will make sure that the person using the computer after you will not be able to access your passwords or information.

Seniors can take advantage of public Internet access to realize the benefits of broadband Internet use. Connecting with neighbors and family members, accessing telemedicine and remote medical monitoring are all activities that older adults can take part in on the Internet. Communicating with neighbors and family members will allow you to stay connected with loved ones while staying close to your home and within your own community. Both telemedicine and remote medical monitoring will allow for the continuation of medical care and the advantages that first-rate medical care brings to seniors’ lives. By making use of the precautions mentioned above, you can be sure that you will be able to take full advantage of the Internet’s great features while protecting your own personal information.

Diabetes and Arthritis-A Double Whammy

Can you tell when it is going to rain because your hips hurt?
Do you feel lightheaded after eating a jelly donut and a latte?

Perhaps you have arthritis and diabetes!!

According to two nation wide surveys by the Centers for Disease Control and Prevention (CDC) in Atlanta, 52% of people aged 45-64 with diabetes also have arthritis. Nearly 28% of those 18-44 with diabetes also have arthritis. The rate in the younger group is 2.5 times higher than among the general population. This is also why the medical community is so worried about our youngsters and their obesity problems.

If you can control your weight with diet and exercise, you may be able to reduce both blood sugar levels and arthritis pain. Losing weight can reduce the risk of heart disease and other diabetes complications. Weight loss also takes pressure off your joints.

This does not mean going on an 800 calorie diet or working out in a gym 2 hours a day!!!

Diabetics cheat on their diets and arthritic people don't exercise because it hurts!!

The CDC survey found that over

- 20% of people with diabetes are inactive.
- 30% of those with who have both conditions don't get the exercise they need.

What do you need? Motivation!!! Yes.

What is exercise going to do for your arthritis when your joints are stiff and achy?

Correct exercise strengthens the muscles around the joints and increases your flexibility and endurance. This combination relieves your pain and reduces stiffness. Indirectly, exercise helps you lose weight also. This is not an overnight process. It should be a gradual process over at least several months.

When should you start the process? Start thinking now!!

The snow will be gone in a few more weeks. You can start when the sidewalks are clear and the air warms up.

First. Contact your doctor to get medical clearance for "the new you".

Your doctor may recommend that you see a nutritionist for sound dieting tips.

You may need a consultation with a physical/occupational therapist to guide you in the correct exercises to begin your program.

The CDC recommends walking, no running. You are probably not training for the Boston Marathon. The CDC suggests you get 30 minutes or more of moderate activity at least two days a week. You can break the 30 minutes into 10 minute segments. Walk with a friend along the beach or a park. It is so much more enjoyable when you share your goals with another.

We all know the rules about dieting. Small, healthy protein enriched meals and snacks. Easy on the carbohydrates. This is easier said than done sometimes.

Portion control!! Who knew that a piece of meat the size of a deck of cards was a portion??? A 12-16 ounce steak was the norm for years...

Good dieting: eat several small meals a day “grazing”.

Why? For diabetics, it is important to maintain a steady blood sugar rather than have it spike up after a large meal and then not eat for several hours.

Again, one or two meetings with a good nutritionist will help you choose a safe and nutritional diet for your diabetic condition. Bring a daily list of your food intake for the last few days. You would be surprised how many extra calories you eat when you open the freezer and have a bite of ice cream or 2 cookies with your afternoon cup of tea.

Be patient, you will see improvement in your blood sugars and A1C within a short

time. Your doctor will also be very pleased with your commitment. You may be able to lower some of your meds and or come off of them.

Your nutritionist and physical therapist should be covered under your health insurance. Ask your doctor’s staff to check on this for you. It will be worth your while.

To learn about walking clubs call the Boston Elderly Commission and speak with Mike McColgan at 617-635-4168. You will meet a wonderful staff and neighborhood strollers who love to walk.

Have you had a hip fracture?

Help improve future hip fracture care.

If you have had a hip fracture and are aged 60 years or older, you might be eligible to participate in a research study at Boston University. People who qualify for this research study will receive either:

- a DVD-based home exercise program which is supervised by a physical therapist or
- a nutrition education program

All activities will take place in your home at no cost. There will be financial compensation for your time.

Please contact Kira at:
617-638-1981 or kwilke@bu.edu



A MIRACLE ON 19 MYRTLE STREET

By Mary Hirsch

There's a joke about a cat that is buying life insurance and becomes annoyed when the agent tells him he has to buy *nine* policies! Sir Anthony, my almost 17-year-old Siamese just cashed in his 8th policy.

A few days ago, Sir Anthony was rushed to the hospital and diagnosed with CRF (chronic renal failure – a fatal disease), and because of his “*advanced*” age and medical history, his future seemed dim – meaning *no* future. He hadn't been too chipper as of late, losing weight and sleeping all day in his rocking chair that sits on top of the bed – just the way he likes it. His walks became less frequent and the mood at the Hirsch household was not the usual carnival-like-replete-with-a-Merry-Go-Round jolly place.

Last night, in the middle of the night, we had “the talk.” I gave him permission to go and told him he didn't have to stick around for me anymore; I'd be just fine. And I read him “*Cat Heaven*,” a beautiful, short book that gives a glimpse of what his new life would be like. My heart was breaking and I wailed so loud I was afraid I would awaken Ellen, my next-door neighbor.

Christina, his sister, was listening in as she hugged him and licked his head. It really was a very, very sad scene out of a very sad movie... devastatingly sad.

I'd been taking lessons from the Master himself (Sir Anthony), had *accepted* the card we were dealt and forged ahead with what had to be done. (I'm very good at that – except when it comes to My Anthony.) I've been throwing myself in the arms of friends and neighbors, crying my eyes out, seeking comfort. I have been clear from the beginning: “This is not about me; it's about My Anthony and he will suffer no more.” That was “The Plan. But *no one had bothered to ask Sir Anthony about his own plans for the future...*

After a special Blessing, I made a follow-up appointment with Dr. Shophet-Ratner (the best Vet in the world; an Angel who walks on water.) I had talked, at length, with a Pet Grief Counselor and was resigned to let my best friend go. All I wanted was a couple of days to say goodbye to Sir Anthony and do the things he loves the most: a spin to The Common in his cat stroller to watch me feed the squirrels and the birds. The flocks of pigeons taking off and flying back, like a boomerang, mesmerize him. In the summer, we visit the swans and he attracts a lot of attention, especially from tourists who ask to take pictures with him. He also likes to walk through our lobby, on a leash, and “visit” with the older, lonely seniors who pet him and call him sweet names. I shall miss

all this tremendously, especially during my daily walks through The Common. I hope I'll be as strong and dignified as Sir Anthony...He would want that.

The exam was not what I expected. While I was very depressed, Dr. Shophet-Ratner was cheerful. When I placed the cat on the table, he was a *different* cat, strutting his stuff! I was shocked. The Vet said: "Sir Anthony looks good, Mary; we will check his blood to see how his kidneys are, and place him on a special diet, etc. He can still lead a good life. The cat was putty in her hands as she examined him. He didn't look like a dying cat.

I remembered something I read someplace: "*the will to live is more powerful than anything.*" I was witnessing a miracle! I've been prepared to bury My Anthony seven (7!) times before. But this was *it*... He is my hero.

The plan is to put him on a special diet and give him the proper medications. As I understand it, my friend *can still live a good life with a proper diet, medication, lifestyle – and monitoring.* I was speechless but My Anthony didn't look surprised - just bored. I bought the staff a huge pizza and over tipped the cab driver. Why not?

So what's the lesson here? I'm too drained to be philosophical. I'm so happy I can't stop hugging Sir Anthony's bony frame

and thanking our Maker for yet another miracle: A miracle on 19 Myrtle Street! Oh yes, *I learned that I wasn't lying to Sir Anthony when I said I'd be okay and he could go to Cat Heaven, for I was not alone.*

Having moved 3,000 miles from Santa Monica, CA., last year (after suffering a stress heart attack) I decided to fulfill a longtime dream: to live in Boston, landing at Beacon House (a residence for over 55 seniors) on Beacon Hill. We were welcome with open arms. I found out how kind and loving my new friends and neighbors – our new family at Beacon House – truly are. *They really came through for us – once more.* We love you guys and thank you, from the bottom of our hearts – and fragile kidneys. My Anthony says "*Meow.*"

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New Credit Card Rules Coming

Q: Are new credit card rules coming any time soon?

A: Yes. The Credit Card Act of 2009 took effect on February 22, 2010.

Under this new law, credit card companies must give cardholders 45 days notice of any interest rate increases. Cardholders will also have the right to cancel their card and pay off their existing balance at the existing interest rate and repayment schedule if they get hit with an interest rate hike.

The new law gives cardholders 3 billing cycles after the rate increase to say no to these new terms. It prevents credit card companies from retroactively increasing interest rates on the existing balance of a cardholder in good standing for reasons unrelated to the cardholder's behavior with that card. If you are hit with a higher interest rate because you fell behind on payments, you can regain your lower interest rate after paying on time for six months. Card companies will be prohibited from arbitrarily changing the terms of their contract with a cardholder, banning the so-called practice of "any-time, any-reason repricing."

Card companies will not be able to penalize people who pay on time. Companies will not be allowed to charge interest on debt that is paid on time during a grace period---the so-called "double-cycle billing" practice. Card companies will be banned from slapping fees on the remaining interest-only balance of a cardholder who has paid his/her bill on time.

Credit card companies will now be required to mail their billing statements at

least 21 days before the due date---one week longer than the current 14 days minimum. Payments made before 5 p.m. EST on the due date will be considered paid on time. Card companies will not be allowed to charge late fees if a cardholder can prove he or she mailed her bill within 7 days of the due date.

Cardholders who are pre-approved for a card will be allowed to reject their card up until the moment they activate it---without hurting their credit. Companies will also be required to offer consumers a fixed credit limit that cannot be exceeded. Card companies will have limits placed on the fees they charge cardholders for going over their credit limits.

Companies will now have to apply your payments to the debt with the highest interest rate first (above your minimum payment). For example, if you have a cash advance balance that charges 25% interest, but your regular balance is 10%, when you make more than the minimum payment due, the excess payment will go towards paying off the balance on the 25% cash advance. Currently companies would use your extra payment to pay off the lower-interest balance.

"Universal default" also is now banned. This is the practice in which a card company can change the terms on your card based on your record with any other card. The new law requires that your credit card company can only change your terms based on how you are handling its card.

Consumer rights groups point out that the new law does not place any cap on interest rates, so you can still wind up with a card that charges 30% interest rates if you don't follow

the new rules cited here.

Some sponsors of this new law called it a “balanced, moderate bill” which simply levels the playing field between card companies and cardholders while fostering fair competition and free market values. It sets no rate caps, fees, or price controls on the credit card companies.

Remember, these new rules don’t go into effect until February 22nd, so card companies are not held to the rules cited in this article until then. Your credit card company is likely to send you a notice about the new law before it takes affect. When it arrives, read it carefully, and don’t throw it out.

Stars and Stripes

By: John H O’Neill III



The ‘stars and stripes’ is the nickname for the United States flag. I take great pride in raising the flag many mornings. During grammar school students saluted the flag by saying the “Pledge of Allegiance.” In history classes, we learned of different wars when men and women fought to defend the flag. It is the flag which symbolizes freedom which we enjoy. One can talk and talk about freedom, but seeing the stars and stripes sums up everything.

People celebrate Patriots Day on April 18th. The Battle of Lexington and Concord took place on that date in 1775. Paul Revere, after getting a signal:

“One if by land and two if by sea” set out to warn colonists that the British troops were en-route. He waited on the Charlestown shore for the signal which was given by the number of lamps burning in the church steeple.

The famous “shot heard round the world” happened when the British arrived in Lexington. The minutemen, as they were called, had assembled to defend the property. Sure enough, the British soldiers arrived in Lexington and a battle started.

Betsy Ross created the first flag with thirteen stars and thirteen stripes. It has grown over the years. The stars and stripes became the symbol of freedom. It was the symbol, for years, during battles in Germany, France, Japan, Korea and more recently, Baghdad. After long hard battles, the stars and stripes were planted at many locations.

People often plant new grass in April. They work on their gardens. They enjoy liberty, liberty symbolized by the stars and stripes.

“I understand!” Do you?

“Don’t Retire, Inspire”

By Augusta Alban



Talking with a young credit specialist (bill collector) the other day, I was attempting to answer his questions regarding my bleak financial situation. He interrupted me with an arrogant “**I understand,**” only to continue reading from the prepared script before him. I tried again, to effectively communicate, immediately he raised his voice and repeated, “**I understand**” he said.

That did it! He wasn’t listening, just dismissing me with this “**I understand.**” “How old are you?” I asked. Not waiting for his reply “I would say from the sound of your voice you are about thirty”

“Yes, that’s right,” he replied.

Tell me truthfully, how can you possibly say you “**understand**” the feelings and fears of someone who has lived at least twice as long as you have? How can you even guess at knowing?

Inappropriately, he became defensive. There was great anger in his voice as he said “I work very hard.” Well who doesn’t work hard these days, I thought to myself. He continued, “I didn’t come from money, like some people.” Does this joker think I am related to Bill Gates? On he went, “I am holding down two jobs. My family was very poor,” he said, “one Christmas our only gifts were food stamps and cheese from the government.” I realized this thirty year old (with two jobs) is more fearful of the future than I am!

Let’s say I said to him, that unpleasant time you recalled was your Christmas past! Continuing on, let’s skip the present and look forward

thirty years to your Christmas future. You have raised a family, as a single parent, very often working two jobs. You put your children through good schools and colleges. You may very carefully have invested in savings, stocks, and a 401K for your future. You take reasonable care for your aging parents, and you happily help your grown children with a down payment on their first home. You made it, now it is time for you. Yet, you had no way of knowing due to greed at the top, your company was going under. As you watch your savings dwindle, you are trying to find work, any work... The end of this Christmas story is a nightmare from which you can’t awaken. You have lost it all, **including your home.** In your Christmas stocking is a repeat of long, long ago....government cheese and food stamps. How can you tell me “**you understand**” this nightmare that many of us are living when I can’t understand it for myself?

How can you tell me “**you understand**” when I am buying a hot cup of coffee for a cold homeless person, and I am wondering how close am I to being that person?

How can you tell me “**you understand**” after sending out three or four hundred resumes but only one call has come in and the agent tells you sorry, but we are looking for someone **much younger**, not more qualified, just much younger. (Yes, you are right, **that is illegal.**)

I approve of the way I have lived my life and the energy I have given to help myself, my family and others. I am grateful for my life! I give thanks everyday for my many blessings of good

health, good friends and remind myself my losses are only monetary. I believe everything happens to help us learn and within every problem is the solution to that problem. I am not asking for sympathy, things are the way they are. What I can't stand is the lip service some people give me and others saying they really care when they don't know the meaning of the word caring. I don't know that I do. What I do know is because of what is happening in my life, I am painfully learning and growing. I am less judgmental of my fellow man. I stop that "why thinking" and quickly replace it with "we are all doing the best we know how."

I can't possibly know how that mother feels holding a sick child that may never make it to kindergarten. I learn not to complain as I watch my friend endure endless months of radiation treatments without a grumble. I can't know how a homeless person may worry about getting a bed for the night in some jam-packed shelter. I dread to think about how many children forced to sleep on the streets this night may go hungry as well.

How can we all help each other, I ask my friend Father Dan from St. Joseph's? Get out of your comfort zone he said, stop thinking about yourself, and really try to listen to that other person. Sometime all we want as human beings is for another human being to hear us, not so much to help us, just to hear us. Just listen. I always try to ask those I talk with, "how may I help you." Many times that is all it takes, just to know someone cared. One person I ask said he would love a blueberry muffin. Now I ask you, a blue berry muffin, could it be any easier? I can't tell you how good giving that blueberry muffin made me feel. We can't really

know how it is unless we have lived it, but if we really care and take time to listen or reach out, it's like that pebble we drop in the pond. The caring goes out and out and out like an endless ripple. What you do for someone may help that person be kinder to the next person, and so it goes. As never before just think what we are learning about the sharing of human kindness.

I am a person who is not thirty any more. I would not want to be. I believe these times are bringing us closer to each other and closer to ourselves. I still believe in holiday magic, but my definition is a more lasting one. I believe in the "HUMANITIES MAGIC", meaning I try to, reach out with the greatest true gift we can give another that of human kindness and love.

The thirty year old is just beginning his journey, time is on his side. For us, time is not, but knowledge and experience are! I pray we are able to use it to our best advantage. As I am writing this column, because of what is happening to me and others like me, I hope we have greater understand of humanity, the fears and the reality we are living. And for all of this I am grateful!

The Irish have a charming way of using words. Having a strong cup of tea in an old Irish pub I found this on the place mat;

May you be poor in misfortune, rich in blessings, slow to make enemies, quick to make friends, but rich or poor, quick or slow, may you know nothing but happiness, from this day forward.

Be grateful for the experiences in your life.

SPRING INTO ACTION: A DAY OF RETIREMENT FINANCIAL PLANNING At the Boston Public Library

**Laura Pattison, Economic Development
Librarian, Kirstein Business Library**

If you are thinking about retirement or recently retired, you are not alone in having questions about your finances and your financial planning needs. On May 8th, the Boston Public Library's Kirstein Business Library, together with the Financial Planning Association of MA (FPA-MA) will bring you "Retirement Financial Planning Day" at the Boston Public Library: Spring into Action! This is the perfect opportunity for you to learn more from the experts about important financial planning tools in a comfortable and noncommercial environment, your public library.

This free one-day program will take place from 9:30 am to 2 pm at the Boston Public Library (BPL) in Copley Square. The event continues the Library's retirement planning programming which took place from 2008-2009 at various library locations as the series titled *How Can I Afford Retirement? Investor Education at the Boston Public Library*. This non-commercial investor education program was highly acclaimed and the public has asked for more. With the extremely difficult economic climate and widespread

stories of investor fraud and scams, people continue to be eager to find good sources of information they can trust.

"Retirement Financial Planning Day" is the result of a collaboration by the Boston Public Library and the Financial Planning Association of Massachusetts. It is designed for individuals at all levels of investment knowledge who are either approaching retirement or recently retired. The day will start with a keynote session covering *Asset Allocation Strategies*. Following the keynote, there will be breakout sessions titled: *Determining withdrawal rates; Types of retirement plans; Retirement income sources*. Attendees will be able to schedule a brief one-on-one session with a financial expert on the day of the event or when they preregister. These "Money Mentoring" sessions will allow individuals to get their most pressing retirement question answered.

The purpose of the program is to provide access to objective, non-commercial information about retirement and investments so that individuals can make informed choices and learn to better manage their retirement finances. Please go to affordretirement.bpl.org/signup.htm to preregister for the event and reserve a money mentoring session. If you are not able to use a computer to preregister, you may call the Kirstein Business Library at 617-859-2142.

*Remember when you
last felt this good?*



Photo © Matt Stone

May 2, 2010

Sunday



Photo © David Leiler

617-723-5000 or register online
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Investor **\$** Education
at the Boston Public Library

Retirement Financial Planning Day at the BPL: *Spring into Action!*

Saturday, May 8, 2010 | 9:30AM – 2:00PM
Rabb Lecture Hall, Boston Public Library, Copley Square

AGENDA:

- 1 Keynote session**
Asset Allocation Strategies
- 2 Breakout sessions**
on important financial planning topics including:
 - Determining withdrawal rates
 - Types of retirement plans
 - Retirement income sources

- 3 Opportunity to meet one-on-one**
for money mentoring with financial experts
— by appointment on day of event.

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For more information please contact:
Deputy Commissioner Tula Mahl
at 617-635-1922

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Tula Mahl, Producer
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Saturday, May 15, 2010 | 7 pm

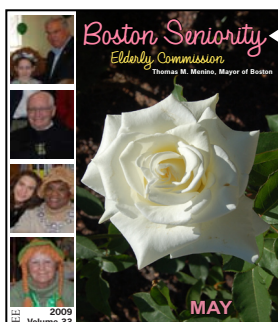
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Registration is open for ages 11 and up. Rehearsals will be held in each neighborhood from March 22-May 15, 2010 on Wednesdays and Thursdays from 4:30-7:30 pm. No previous performance experience necessary!

Interested? Email Anthony Victoria at avictoria@citicenter.org or call 617-532-1221

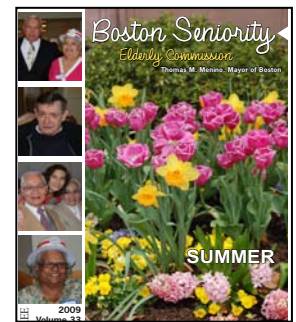
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Senior Companions show their support for Earth Hour.

On Saturday, March 27th participants extinguished all non-essential lighting during one hour from 8:30 pm to 9:30 pm. Earth Hour is a great opportunity for all Boston residents to join city officials and other civic and business leaders in demonstrating how we are working together to reduce the risk of climate change and to showcase your individual contributions to the larger solution.

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Boston Shines 365

Citywide Neighborhood Clean Up & Community Service Volunteer Program

This year's dates are April 23rd & 24th.

Mayor Menino's year-round neighborhood clean up and community service program, Boston Shines 365, provides the tools and materials to help volunteers successfully complete projects in every neighborhood in Boston.

Let us help you organize a neighborhood clean-up or a day of community service for your co-workers. Join us and paint a community center, plant flowers, sweep, rake and pick up trash to make our communities more beautiful.

For the past five years, over 5,000 volunteers have come together for two days in the spring to participate in a citywide clean up event. Now volunteers have the opportunity to participate in projects 365 days a year.

To find out more about getting involved in any of the following events, please contact Allison Rogers at 617-635-4249.

Movie Review Uncross the Stars

Starring: Academy Award nominee Barbara Hershey and Golden Globe winner Ron Perlman
Producer/Director: Kenny Golde



A heartfelt, sad and lively movie opens at the funeral of Troy Harper's wife. (Played by Daniel Gillies)

Her last request is for Daniel to travel to Arizona and build a porch for his Aunt Hilda. (Played by Barbara Hershey)

This movie draws the audience into Daniel's adventures at the Senior Citizen Retirement Community in Arizona "Happy Valley".

At Happy Valley Troy meets up with Aunt Hilda's gruff and bawdy, wise-cracking neighbor Bobby Walden (Played by Ron Perlman) and an adorable group of elderly women who help him discover the special, surprising meaning behind his wife's mysterious wish that he "uncross the stars".

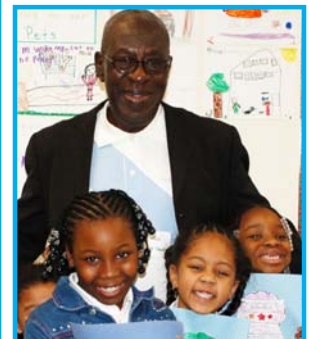
Boston's Senior Corp Support Our Troops

A Tribute to MLK

On January 21, 2010, Boston Senior Corps members: Foster Grandparent Program (FGP), Senior Companion Program (SCP), and RSVP in collaborating with the John P. Holland Elementary School invited senior volunteers into the school to work with the students in writing thank you cards to United States Troops overseas.

The event was themed after Martin Luther King, Jr. Martin Luther King, Jr. Day lends itself well to this cause because Martin Luther King, Jr. "tried to give his life serving others." This national holiday in his name has not only become a day of remembrance, but also a day of servitude with people engaging in volunteerism in major cities across the country.

There was a total of 760 participants: seniors (80) and students (680). The seniors are volunteers from the SCP, RSVP, and FGP. They volunteer throughout the city of Boston in over 100 agencies. These seniors come from all the neighborhoods in Boston and they have volunteered over 275,599 hours collectively in 2009.



Valentine's Day at Suffolk Downs



Thank You to all the sponsors for the
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Kelly's Pub, Milano's, Royal Roast Beef
& Seafood, Shaw's



Valentine's Day at South Boston Neighborhood House



St. Patrick's Day Luncheon at Warren Tavern



Edward L. Cooper Award Recipients

The Cooper Awards honor the legacy of Edward L. Cooper, founder and creator of the Community Gardens and Education Center and the President of the Boston Urban Gardeners. Zealous in his efforts to inform people of the importance of Open Spaces in an urban setting, he is best remembered for his commitment to both the young and senior populations in the city of Boston. He was a member of the Mayor's Advisory Council for many years and served with distinction as the Council's President.



Outstanding Advocate
Beverly Gibbons



Outstanding Advocate
Josette Potier



Outstanding Civic Leader
Geri Guardino



Outstanding Senior Advocate
Thelma Burns



Outstanding Senior Volunteer
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Outstanding Neighborhood Senior Service Agency
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Let The Games Begin!



2010 Greater Boston Senior Games

Official Registration Form – May 12th, 13th, 14th, 15th and May 22nd

REGISTRATION DEADLINE 04/30/10

(Please Print)

First Name:		Last Name:	
Address:		Apt #	City:
Date Of Birth: Month ____ Day ____ Year ____		Male <input type="checkbox"/> Female <input type="checkbox"/>	Telephone: ()

Please check the Events that you would like to participate in:

<input type="checkbox"/> Golf: WEDNESDAY, MAY 12, 2010 - Registration at 7:00 a.m. at William Devine Golf Course, Dorchester. Shotgun start at 8:00 a.m. PRE-REGISTRATION DEADLINE 04/30/10 – 128 player maximum - Mandatory \$15.00 golf cart fee will be charged to each participant, including Devine Course Members . In addition, there will be a greens fee of \$25.00 for all non-members for a total of \$40.00 . Cash or checks payable to Fund for Parks & Recreation at the Course on day of the tournament. Foursomes should request Foursome Golf Registration Form by calling 617-635-4366.	
<input type="checkbox"/> Bocce: THURSDAY, MAY 13, 2010 - Starting At 9:00 a.m., Langone Park, North End. Teams should request Bocce Team Registration Form by calling 617-635-4366.	
Bowling: Select one start time. Start time confirmed on first come, first served basis.	<input type="checkbox"/> (8:00 a.m. start time) FRIDAY, MAY 14, 2010 - Boston Bowl, Morrissey Blvd, Dorchester - \$9.00 – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. Please do not send payment with registration. <input type="checkbox"/> (10:30 a.m. start time) FRIDAY, MAY 14, 2010 - Boston Bowl, Morrissey Blvd, Dorchester - \$9.00 – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. Please do not send payment with registration.
<input type="checkbox"/> Billiards: FRIDAY, MAY 14, 2010 - Starting At 9:00 a.m. Boston Bowl, Morrissey Blvd, Dorchester - \$5.50 - Cash or checks payable to Boston Bowl on day of the tournament: Please do not send payment with registration.	

Saturday, May 15 –All Events except Track - Registration 8:30 a.m. Event start time @ 9:00 a.m. –

Please Note: Track registration 12:00 p.m. Track start time at 1:00 p.m.

Events will be held @University of Massachusetts-Boston, 100 Morrissey Boulevard, Boston, MA 02125

<input type="checkbox"/> Basketball Free Throw	<input type="checkbox"/> Half Court Basketball – Must be member of pre-established three member team within same age group. Teams must request Half Court Basketball Registration Form by calling 617-635-4366. (\$20 fee per player - cash payable on day of Event)
<input type="checkbox"/> Horseshoes	
<input type="checkbox"/> Keep Moving Walk (11:30 a.m. Non- Competitive)	<input type="checkbox"/> Swimming Freestyle 50 M
<input type="checkbox"/> Softball Throw	<input type="checkbox"/> Track 100 Meters (Starting at or after 1:00 p.m.)
<input type="checkbox"/> Swimming Breast Stroke 100 M	<input type="checkbox"/> Track 800 Meters (Starting at or after 1:00 p.m.)
<input type="checkbox"/> Swimming Breast Stroke 50 M	<input type="checkbox"/> Track 1500 Meters (Starting at or after 1:00 p.m.)
<input type="checkbox"/> Swimming Freestyle 100 M	<input type="checkbox"/> Track 400 Meters (Starting at or after 1:00 p.m.)
<input type="checkbox"/> Tennis: SATURDAY, MAY 22, 2010 - Registration at 9:00 a.m. Sportsmen's Tennis Club 950 Blue Hill Ave Dorchester - \$20.00 Fee . Cash or checks payable to Sportsmen's Tennis Club. <u>Please check preference: Doubles <input type="checkbox"/> Singles <input type="checkbox"/></u>	

Please return this Registration Form to: Commission on Affairs of the Elderly –
One City Hall Square, Room 271 – Boston, MA 02201 - Attention: Michael McColgan
Or fax to 617-635-3213

For more information call 617-635-4366 (Please Note: The only transportation provided is Shuttle Service from JFK T stop for U-Mass Event.)

ALL GREATER BOSTON SENIOR GAMES PARTICIPANTS MUST SIGN THIS WAIVER

I hereby agree to hold harmless the organizers and sponsors of the 2010 Greater Boston Senior Games from any and all claims of whatsoever kind and nature which I may have, or at any time in the future have, of any injury arising out of my participation in the 2010 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions that would prohibit my participation in the 2010 Greater Boston Senior Games.

Signature:	Today's Date:	Your age as of 05/12/10:
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Thomas M. Menino, Mayor
City of Boston – Commission on Affairs of the Elderly
Eliza F. Greenberg, Commissioner

